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homemakers' chat

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U. S. DEPARTMENT
OF AGRICULTURE

Monday, October 18, 1943

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Cop. 1
Subject: "Better Light for Close Work." Information from electrification specialists of the U. S. Department of Agriculture.

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When the children bring out their home work these October evenings, there's one way you can really help----see that they have enough light and the right kind of light.

Of course, it's equally important that each member of the family should have good light whenever he or she sits down to do close work....to read, study, write or sew.

Reading, for instance, isn't any fun when your eyes have to work to make out each word. Not only your eyes, but your whole body soon feels the strain.

With days getting shorter and the family spending more evenings at home, now is an excellent time to go through your house, room by room, and rearrange lighting to meet winter needs. Of course new lamps and fixtures, for the most part, are out of the question till after the war, but you'll be surprised how much better light you can get, simply by using the lamps you have to the best advantage.

This ties in with conserving power, too. You know the government has asked us to be thrifty with electricity as a means of conserving fuel, transportation and man-hours of labor. Of course that doesn't mean that we're to ration ourselves on good light or on any other worthwhile use of power. It does mean that we should get the most from the electricity we do use.

Home electrification specialists of the Department of Agriculture suggest that we plan lighting so that every member of the family has a place to study,

1. 1990年12月，在《中国环境报》上刊登了“中国环境报”

the β phase of the polymer. The β phase is the more ordered phase and is characterized by a higher density and a higher melting point than the α phase. The β phase is the more stable phase and is the one that is most commonly observed in nature. The α phase is the less stable phase and is the one that is most commonly observed in the laboratory. The β phase is the more ordered phase and is characterized by a higher density and a higher melting point than the α phase. The β phase is the more stable phase and is the one that is most commonly observed in nature. The α phase is the less stable phase and is the one that is most commonly observed in the laboratory.

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read, sew or do other close work with ease and comfort. They recommend special attention for those favorite spots where you do most of your close work, but they point out that light conditioning for the whole house will do much to make it more cheery and livable.

But now for the suggestions themselves. You'll want to jot them down or at least get them well in mind....First -- use portable lamps with 100 to 150-watt bulbs for eye-tiring jobs. That means for reading, writing, Red Cross sewing, perhaps, or mending. Don't try to skimp by using smaller bulbs than you actually need. The amount of electricity you'll save will be very small....and you may do real harm to your eyes. Of course, don't let lights burn in a room that isn't occupied. It's smart to conserve power sensibly.

Second--arrange lights and furniture so you can sit within three feet of the light source when you do close work. In general the light should shine over the left shoulder of a right handed person or the right shoulder of a left-handed person. This, of course, may involve a little planning, but it can be done. Frequently the same lamp will provide light for a study table and also for a person sitting in an easy chair by the table. Lamps on end tables will supply the extra light needed by persons reading or sewing on the sofa. Or you may use to good advantage pin-up type lamps which fasten on the wall.

Third--avoid glare by using deep shades with broad bases which allow the light to spread out over a wide area. Very small shades with straight sides are light hoarders, so replace them, if you can, with larger, more open types. Light from small, squat lamps, particularly, can be improved by raising the lamps to a height of 18 or 20 inches--set them on wood blocks--and then fitting them with larger shades.

Next--keep lamps clean. Dust and dirt on bulbs, diffusion bowls and shades absorb light--as much as 20 per cent. So you're showing good patriotism and good thrift as well as good light sense when you clean bulbs and diffusion bowls

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regularly and dust shades often.

Finally, a word about shade linings. Shades with dark or discolored linings are also light robbers, so it pays to whiten them if you can. You can paint parchment or paper shades on the inside with a good white liquid shoe polish or with a quick-drying white paint. Some housewives I know also like to freshen up the outside of their shades with another coat of white or some other light-colored paint. Of course you won't want to use shoe polish on the outside of a shade.

Sometimes it's easier to renew a darkened shade by fitting it with a new lining, cut from heavy white paper. To do this, use the shade as a guide, rolling it slowly while you trace the pattern on the paper. Cut out the lining, trim the edges slightly and fasten it inside the old shade.

In a nutshell, following these simple suggestions--placing lamps where they are needed, using the proper size bulbs and keeping bulbs, diffusion bowls and shades free from dust and discoloration--will go a long way towards insuring better light for your family. If you would like further suggestions,...tips on how to get the most light from the lamps and lighting fixtures you have, and how to take care of them..., write for the free leaflet, "Care and Use of Lighting Equipment." Send your request to the Rural Electrification Administration--just the letters R - E - A - will do--at St. Louis, Missouri. Make that St. Louis, number two and help out the postman. The name of the leaflet again--"Care and Use of Lighting Equipment."

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